

Tips for a Healthy Life for Women

Eat Healthy

"An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What we eat and drink and what we don't eat and drink can definitely make a difference to our health. Eat five or more servings of fruits and vegetables daily. Eating fruits and vegetables can improve your health and may reduce the risk of cancer and other chronic diseases. Reduce the amount of saturated fat in your diet. Have a balanced diet and watch how much you eat.

Maintain a Healthy Body Weight

Obesity is at an all time high in the United States. It increases a person's risk for certain chronic diseases, including diabetes. Eat better, get regular exercise, and see your health care provider if you have health problems to make sure you are on the right track to health.

Get Moving

It doesn't have to take a lot of time or money, but it does take commitment. Health is not merely the absence of disease; it's a lifestyle. Start slowly, work up to a satisfactory level and don't overdo it. You can develop one routine or you can do something different every day. Twenty to thirty minutes of physical activity on most days of the week is recommended. The goal of exercise is to be healthy, fit, and in shape!

Be Smoke Free

You know that smoking causes cancer. You know that smoking is addictive. Did you know that smoking is associated with or causes more than lung disease? Other health concerns associated with smoking include early menopause, infertility, and pregnancy complications. Second hand smoke - smoke that you inhale when others smoke - also affects your health.

Get Regular Exams and Screenings

Sometimes it's once a year. Other times it's more or less often. Based on your age, health history, lifestyle choices, and other important issues, you and your health care provider can determine what and how often you need a Pap smear, mammogram, and other health screenings. When problems are found early, your chances for a cure are better.

Get Appropriate Vaccinations

It's not just a kid thing. Adults need them too. Some vaccinations are for everyone. Some are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain conditions. Protect yourself from illness and disease.

Manage Stress

What's your stress level today? Do you do what's needed to protect your mental and physical health? After all, it's all you really have. Reducing stress at work and at home will improve your life ... and probably your attitude!

Know Yourself and Your Risks

Our parents and ancestors help determine some of who we are. Our habits, work and home environment, and lifestyle also help to define our health and our risks. Being healthy means doing a little homework, knowing yourself, and knowing what's best for you ... because you are one of a kind.

Be Safe - Protect Yourself

What comes to mind when you think about safety and protecting yourself? Is it seat belts, sunscreen, food, helmets, or immunizations? It's all of these and more. It's everything from washing your hands to watching your relationships. Take steps to be safe at work, home, and play.

Be Good to Yourself

Being good to yourself includes staying healthy. Get enough sleep. Relax after a stressful day. Pay attention to your health and make healthy living a part of your life.

For more information on health, visit the Centers for Disease Control and Prevention's Web site at www.cdc.gov, or contact the CDC Office of Women's Health: 1600 Clifton Road, NE, MS D51, Atlanta, Georgia 30333; (ph) 404/639-7230; (fax) 404/639-7331; (email) owh@cdc.gov.

